

# Bridges To Healing Newsletter



## Alex's Auction to Global Warming!



Suffice it to say I am a proud mother but I have to brag and invite you all to my son's tenth birthday. Most of you know that Alex, my son, is not a typical kid but he is proving himself, once again, to be more than special. Alex is turning ten in July and feels like reaching the double digit age group is a "Big Deal". Alex is also of the belief that birthday parties are a waste of money and that turning ten should make an impact so he has asked to do a fundraiser to raise money for groups that help fight global warming. This is all that he wants for his tenth birthday. (He'll probably get a cake anyway) So, my young activist has written several letters to local businesses requesting prizes/gift certificates to auction off so that all

proceeds will go to three charities: The Sierra Club, Green Peace and Conservation International. He chose this form of event because he wants to try to be the auctioneer. So...on **Wednesday July 9th** at 5:30pm doors will open to Alex's Auction to STOP Global Warming! His tenth birthday celebration. You are all invited to come and bid on prizes and gift certificates ranging from a round of golf, movie tickets, gift cards and more. The auction will be held at Bridges To Healing in Colfax and there will be yummy treats to eat. I think this is unique and special and I believe our children are finding their own bridges to healing. I hope to see you at the auction!

## Demo Day

June 21st

Saturday June 21st from 11am-2pm our therapists and practitioners will be offering short demonstrations of their work from chair massages, foot massages, head massages, pilates demonstrations, life coaching demonstrations and more. Come and enjoy these wonderful therapists and the variety of healing techniques offered at **Bridges To Healing** and some yummy refreshments as well. Be ready to ask questions and experience something new! Only \$5 to get in or bring a friend and

## Special of the Month Beginning in July Fire Fighter Appreciation!



Beginning in July, the therapists at **Bridges To Healing** have decided to honor a special population each month. For **July** it will be **Fire Fighter appreciation month**. Any local fire fighter will receive **10% off** any massage of 1hr or more and there will be a **drawing each week** for one lucky person within this population who fills out an interest form to receive a **free massage** from one of our therapist. Interest forms can be found online at [www.bridgestohealing.info](http://www.bridgestohealing.info). We are so grateful for our firefighters and we want to show our appreciation.

Stay tuned for what comes next!

**NEW! Pilates Open Hours & Circuit Classes!** Call for more info or check us out online!  
[www.bridgestohealing.info](http://www.bridgestohealing.info)

**GET IN FREE!**  
.....  
**Coming Up!!!**

- Friday June 20**  
Tea Club at *Rose Mountain Manor* 11am
- Saturday June 21**  
Demo Day 11a-2p (see above)
- Saturday July 5th**  
Colfax Pride Celebration-All DAY! Chair Massages & More downtown among the many festivities and fun!
- Wednesday July 9th**  
Alex's Auction to Stop Global Warming  
doors open 5:30pm
- Friday July 11**  
Women's Moon Lodge 7pm

**Who do you know that needs a massage?**  
Refer 4 friends for 1 hr or more massage or pilates session and get a **FREE Massage!** (talk about win win)

*Credit Cards accepted*

**Cancellation Policy**  
All cancellations within 24 hours prior to scheduled time will be charged 50% of planned services.

**Apparatus Pilates Sessions \$25ea when you buy 4 sessions**  
**Ends at the end of June!**

\*Gift Certificates Always Available\*

*Namaste*



**Bridges To Healing**

Pilates ♦ Massage ♦ Yoga  
*Wellness for Adults and Children*  
PO Box 1778  
Colfax, CA 95713  
www.bridgestohealing.info

Save  
on Gas Money when  
you can Getaway right in your  
own back yard! Come take a  
wellness day!



**Bridges To Healing**

Yoga ♦ Massage ♦ Pilates  
*Wellness for Adults and Children*  
PO Box 1778  
Colfax, CA 95713  
**(530) 320-3499**  
www.bridgestohealing.info

**Studio Location**

233 S. Auburn St. Ste 255  
Colfax, CA

**2nd Location (Mondays Only)**

161 Palm Ave. #3  
Auburn, CA

**Services Provided**

Massage Services:  
Relaxation  
Deep Tissue  
Therapeutic  
Oncology  
Children  
Seniors  
Post Traumatic Stress  
Bowen Therapy  
Thai Massage  
Lomi Lomi  
Neuromuscular Reprogramming  
Myofascial  
Reiki

**Apparatus Pilates**

Pilates  
Circuit Classes & Open Hours  
Coming in June!

**Yoga Classes Available**

Classic Hatha Yoga  
Kundalini  
Personal Instruction Available

**Also Available**

Chiropractic  
Life Coaching  
Detox Footbath